Must Remain in
Transcription Room

R. Herman

M2579 OC' Sunday Barn Lunch w/organ #1999 on side 2 6-1-75

MR. NYLAND: Well, I'd better start talking. We were a little late. If I make it too late now, then there is nothing left of the afternoon and we made up our minds that we were going to be really here, working the whole Sunday, maybe for the advent of the film or whatever we want to do ~~to-be~~ in general to beautify. I hope that your morning was right and that you could think about it. The spirit, that is, the spirit of engagement which is felt by people who work together , the creation of an atmosphere of each person which touches the atmosphere of someone else, is not only an atmosphere. There are certain things that exude, that are radiating from a person when he is at a certain level, the same way as something what is warm will start to radiate off steam. The state from which that radiation comes we call emanation. That is a condition for a man regarding his life, his understanding of his being and the way he is in his daily life, that is, in his unconscious state he can have different levels of that kind of existence, that kind of emanation and as a subsequent result radiating from that, whatever that is. It is a substance of a tremendously fine density. Sometimes we simply use the word ether but that has no particular meaning until you could really define it. It is something that is much more like a force which exists and has the possibility of attracting or dispeling at a distance. It is carried over most likely by certain molecular or even ionic forms of existences. I think It is carried over by life itself either direct or it is given from one to the other. If you have a string of

such ions and they are joining and they are joining hands, a current can flow through them and reach a certain distance. Always has been a problem, what is actually electricity as a conveying of a force from one to the other or a creation of that what stimulates that what is next into the same state. The same problem with light. What was it as a vibration or as actually dissemination of certain particles . Regarding the psychology of that, it depends on the state in which you are and it is your regular state of unconsciousness that you have to consider because it is in them, logically , when one wakes up, the level of your being changes and there is a very different rearranging and configuration within yourself also psychologically because your mind starts to function differently in different rates of vibrations, but I'm now talking about ordinary life where you have enjoyment in what you are doing , the level of your being is also raised. There is something that is a little warmer and that starts to stimulate you. It stimulated your health, the condition of your body, your ability to think and to feel a little clearer and in general you have enjoyment , a feeling of being alive and it is wonderful to have that feeling because it gives you all kinds of possibilities. That is the state, I think, a person should be when he is here at the Barn. He should be reminded that there is that possibility for him and he should make really a contact with the atmosphere of the Barn as a whole and with different people as they exist and he should, as it were, enjoy that. Orage, once in a while would talk about the condition of the body and that it is not always being so serious with oneself and not always having to suffer, but at times , that he said, try to be good to it, that is give this it, your body, all it needs, not only bread and water but sometimes

a little cake. Put it on a level where it really can start to function in a little higher rate. Therefore it would become much more open to the possibility of being closer to a level where consciousness and conscience could start. On the diagram it is the upper region of the first triangle which is unconscious. Constantly being in touch or in close contact with that which is the dividing line and already being affected by that which is above which is a conscious area, not as yet crossing it, but being in the presence of it and lifting up one's being to that kind of level. There is only one danger, that when you enjoy it and you are happy, that you start to indulge , that you take too much of that for yourself, as it were, at that time, you are too good for it and you overeat. And you have to be careful to see what you are allowed to eat and what you are, at that not, not further allowed, so that it is not an indulging or a dreaming or a falling asleep or just becoming a little lazy because the machinery must be kept going of a certain kind with enough oil, enough gasoline , enough air in the carburator so that it is even and can actually be reliable for that time being that it is running. The Barn can remind you and other people can remind you. You have to take these things when you are within yourself and not talk about it. It should become noticed by others and you, for yourself, will notice it also and it is a very happy state, but it's not a happy-go-lucky state. It is a state of actually knowing that you exist and that you have for yourself a realization that that existence is for a good purpose and that you are willing even at times to think about it, of what ought to be done, what should not be done and that you become really more responsible for the potentialities of how they should develop. Of course it applies all the time to a person who feels he is growing up and he is confronted

with a variety of things that will affect him and he doesn't know how to react to it or what to do with the reaction and where therefore, it goes every once in a while heft and right, not knowing exactly. In a state of this kind of equilibrium, enjoyable to a certain extent, but very definitely within oneself in balance, you will be able to see more, what is right in that direction, because you see the state of your body is indicative of what should be the state of a psychological being or of a Kesanian body or of a deep feeling behaving or of- a mind trying honestly to think and not to be affected by associations, so all of that becomes like an example and therefore, whatever takes place in the outside world, which of course will affect you, you will be able to judge a little bit of what is right at the time to be taken in, what you want to take in, and what at the time you really don't want as yet or the time is not ripe for it or it is downright not right. That you must see in that state a little bit of the possibilities of the future. When you start out with it, you see the beginning of this afternoon . You see also how an afternoon can end. You have to become more conversant with it in the first place but also there has to be much more of a mastery of something that becomes unconsciously even a guide. A little bit of morality , perhaps, is included and something that you call ethical forms of behavior and not necessarily religious in any sense of the word .It is not like God as yet. It is the best of yourself which starts to guude you and it will only be able to use your body when it is in that kind of a state of good healthy equilibrium .Then when you will be able to see a little bit ahead you will -don't want to lose what you have so you start to judge with what you want to do and you see the things which come in and affect you

in one way or the other and you have to learn. It is a matter of learning, gradually, to obtain a judgement about that what is coming - how do you want to take it or don't you want to take it at all, or do you only want to take part and stop at a certain time when you know it would be too much like becoming indulgent. This you have to learn as a human being and particularily when you are young. Ordinary experiences in life will give it to you in time and of course maturity is dependent on that. It is the nature form of giving you wisdom. Unconsciously you will grow up with that when you keep on living , when you keep ~~on going~~ ON, in that way, ~~open~~- being open . When you close yourself up , when that what is become a repetitious and monotonous , when it is nothing else that could ~~really~~ really affect you, you gradually, your interest is going down, of COURSE you become subject completely to that what is natural and you can't help it because there is nothing to oppose it. We are talking about something that is with you , that can grow up with you and that is going to guide you when you wish to feed it, this time, in an unconscious state. You will know more what I mean when you work because there is a virgin field. The unconsciousness is many times ~~so~~- already so crystalized that you really don't know what to do with it, and as I said last night it is necessary that such unconscious states become liquified because now they are crystalized ,that is, they have taken on a form of solidity and they can hardly be moved any more. The liquidity --how does one disolve certain substances which we call solids ? Different ways, of course. We say water. For our life physically, it is oil. That is the chemistry that has to be used.,that is, the smoothness which is indicative of a balance. I call it oil. It is a substance

which eases friction and by the elimination of the friction, the state of digesting of that what is within you as crystalized forms will gradually be attacked. Our chemistry is really an oil chemistry. It's not water chemistry. The physiological body and much depends on the question of how an oil or fat or substances of that kind are excreted and kept ~~free~~ cured from us, that they are not becoming objectionable. Look at it that way because it is a new way of seeing it. What is, at the present time, crystalized? What is it that you would like to liquify? Only liquification is necessary, not steam, because steam means your emotions are running wild, and then it is lost. A great deal of energy is lost in too much anger or too much overenjoyment. But the equilibrium is the golden rule, in between that what you are now, half dead, that what you will be completely free and alive for the time being in an unconscious state half way, ~~half awake~~, as we call it, half awake and half conscious and the condition of the body and the functioning of your feelings and your mind has to be appropriate for the maintenance for that what is your golden rule in your life as you are living and perhaps as you can see the beginning of the afternoon and how it will end and your attempt to reach for that during the period that you happen to think of it. Whenever you think, you feel. The feeling will produce the smoothness. Sometimes I say the mind is like water. It can liquify and it can bring things into solution, but the feeling is much more sensitive and as oil, I say, it is much more applicable to the state of unconsciousness. I hope you can work. I hope you can really remind yourself from time to time. Maybe sometime during the afternoon you put a hand on the shoulder of someone and you say hello and then you continue with what you are doing. It is very good sometimes at the end of the day to say what actually you have experienced,

how often were you moody,how often were you irritable, how often did you lose too much energy that should not have been lost, pr perhaps could have been saved? We have not much of a gradation, in, let's say, in degrees of irritability or what is there as a mood to be able to describe it. At the same time, it's useful to see if you can gradually come to that kind of a measurement, that you then say in irritation. It is a scale, very much like an earthquake has a scale of intensity, so anger and the expression of emotions, positive or negative, can be measured by a certain scale within yourself.When it goes over ae certain percentage, let's say three per cent and the maximum is ten. You say that is a danger sign. I must be careful. Will you drink to Gurdieff. Will you try to remember him and thank him for having lived.

(So this time Victor, we'll try the organ. It's your fault if it doesn't play.)

trans: Rita Herman 11/80